

## National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Weekly minimum	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
<b>Vegetables (total )</b> -Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
<b>Fruits</b> -Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum -All grains must be whole grain rich	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 - 850
<b>Saturated Fat (% of total calories)</b> -Weekly average	<10%	<10%	<10%
<b>Sodium**</b> -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving

\*Effective School Year 2014-15

\*\*Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23